



COMMISSIONER
HAROLD W. CLARKE

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AROUND THE BLOCK

MAY 2008



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Editor-in-Chief

Susan Martin

Executive Editor

Diane Wiffin

Design

Cara Savelli



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Massachusetts
Correctional Industries

"Show Us The Money"

By Diana Silvia

The most commonly used phrase the payroll department hears is, "Thank goodness it's payday!" Our goal at Payroll is to ensure that all employees receive their paycheck accurately and timely.

The payroll department is comprised of 18 staff spanning three generations. We combine old fashioned hard work and values with new technology and innovation. Many of our staff possess knowledge from various agencies within the Commonwealth. Working in all aspects of Human Resources, Fiscal and the Family Medical Leave Act (FMLA), they have enabled us as a department to better serve the DOC.

We experience challenges each and every pay period. With over 5,000 pay advices (pay stubs) distributed bi-weekly, a total of 130,000 pay advices go out each year. The payroll is manually entered by 12 payroll staff making up to as many as 43,000 attendance exceptions in a pay period. That is a total of over 3,583 entries per person! Attendance exceptions are entered by auditing every timecard, and manually entering them into our state of the art Human Resource System known as HR/CMS. We are faced with a 6 pm deadline each pay period on what we have all learned to know and appreciate as "Crunch Monday." Efficiency plays a key role for us as we run a number of reports daily, weekly, monthly and quarterly to avoid overpayments and underpayments.

The payroll staff is dedicated to our employees. We have opted as a team to come in on holidays such as New Year's Day, Martin Luther King Day, Evacuation Day, Memorial Day, Bunker Hill Day, July 4th, and Labor Day to ensure DOC staff are compensated properly. This may not mean much to many people. However, for a staff to be "non-essential" and to come in and process payroll to ensure that everyone is paid correctly, speaks volumes.

This is a team that only gets better and stronger. Everyone is always willing to lend a hand for someone who may need it. The great way to make a successful team is through hard work, communication, dedication and teamwork. That is something I know we have accomplished here at Payroll and is something we will continue to contribute to the Department.



Sitting from left to right is Tracey Rodriguez, Anita Holbrook, Krissy Giroux and Allison Godlewski. Standing from left to right is Doreen Chabot, Maria Connolly, Allison Arsenault, Diane Murphy, Diane Pearl, Lisa Vitkauskas, Anne Rodgers, Steve Lagace, Diana Silvia and Addie Mercier

Not pictured: Sue D'Angelo, Karen Saunders, Robbin Silvia and Chau Sullivan

It takes the payroll department
approximately three hours
and four staff to sort and
bag checks.

Go Green!



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www.payInfo.state.ma.us

Charity Begins at Home and Continues at Work

By Anita Collins and Brenda Melanson

The staff at NCCI Gardner really know how to jump right in when asked for help.

It began on October 29, 2007 when the institution sponsored a blood drive. Out of the 48 donors that participated, 44 pints were collected and donated. There was a critical shortage at this time and this donation was greatly appreciated by the Red Cross. Another blood drive was held on January 15, 2008 and out of 69 donors, 60 pints were collected and donated. They not only beat their record since the last blood drive, they exceeded all previous NCCI blood donations collected in the past. Another blood drive is planned for the spring.

In November, staff came together again to assist the Gardner "Caring about Community" Food Drive. A simple box placed in the front lobby of the institution had a small sign on it that said "Donations for the Food Pantry." The box was emptied every few days and the end result was 14 cases of food. They were all delivered to less fortunate families in time for the Thanksgiving holiday.

In December, the institution pulled together yet again and donated 90 toys to the Gardner Community Action Center. This donation allowed local families who needed assistance to get a toy for their child when there might otherwise have been none.

It is comforting to know that if someone needs assistance and the staff at NCCI hear about it, they will be ready to help.



NECC Assists State Police and MA Courts

By Ellen Flaminio

It is a Tuesday morning and an inmate from the Northeastern Correctional Center is standing before a group of more than 30 talking about prison life and what brought him there. This sounds like a number of programs currently being offered throughout the Department, but it isn't. For one thing, the individuals in the group range from teen to elderly. For another, it's not happening at NECC, but at one of several Massachusetts courthouses. It's the SCARR Program – State Courts Against Road Rage.

This program began in January 2000. It's managed by Sergeant Richard Eubanks of the Massachusetts State Police in conjunction with various Massachusetts Probation Departments. Sergeant Eubanks designed the program in an effort to reduce road rage and reckless driving. Individuals who have been convicted of various motor vehicle violations are mandated by the court to attend this program in an effort to educate them about the seriousness of their behavior, consequences of irresponsible and dangerous driving, and changes they can make to correct their aggressive behavior.

Each participant is required to write a brief synopsis of their offense and discuss it in class. They then view a video that gives them information on topics such as reaction times, stopping distances, etc. and shows

graphic footage of how a body reacts in a car crash. They view photographs taken from accident scenes investigated by the State Police. They watch a highly emotional video of a teenager arraigned in court for intoxication and reckless driving resulting in the death of a close friend. They also listen to the experiences of offenders brought into the class to share how their own behavior resulted in serious, devastating consequences for themselves and others. This is where the DOC comes in.

Since July 2007, we've provided inmate speakers several times monthly to address these groups. Their testimony on how their actions have severely impacted their victims, their family and themselves is hoped to reinforce the program's intent of providing compelling motivation to cause change in behavior. Their realistic description of prison life educates the group as to what they can expect if they don't change.

Feedback has shown that the program has a positive impact on attendees. Upon conclusion of the program, participants said they've realized that giving in to anger and reckless driving just isn't worth it.



Trooper Michael Miskell (left) and CO Bill Thomas

RTC 303 Graduation

By Division of Staff Development

On March 27, 2008, there were 125 Correction Officers, four Correction Program Officers and ten Industrial Instructors who participated in the graduation and induction ceremony at Mechanics Hall, Worcester, Massachusetts. The ceremony was highlighted by Commissioner Harold W. Clarke's welcome address and keynote speaker Mary Elizabeth Heffernan, Undersecretary of Criminal Justice for the Executive Office of Public Safety and Security.

Commissioner Clarke emphasized that the Recruit Training Class (RTC) 303 was the 17th graduating class since December 2003 and that they will be joining truly remarkable individuals who place the safety of the public before their own. Our mission of public safety is accomplished by operating safe, secure and humane correctional facilities while also providing inmates with the knowledge and tools they need to learn basic skills and ultimately change their behaviors. The challenge to work diligently both individually and collectively will result in increased success in public protection.

Keynote Speaker Undersecretary Heffernan highlighted the leadership displayed by RTC 303 and the Training Academy through their participation in the *Law Enforcement Torch Run* on February 29th as part of the opening ceremonies of the Winter Special Olympics. Eighty-six recruits

and 12 training staff along with other law enforcement representatives completed the run through the city of Worcester and entered the DCU Center with the torch to open the games. These types of community partnerships

combine our desire to give to the community while promoting public safety in many different ways. Undersecretary Heffernan stressed the importance of family support as our new employees begin their careers in public safety and carrying out the very difficult mission of the DOC.

RTC 303 President, Correction Officer William F. Ramos, delivered an inspiring commencement speech accentuating the continued demand for teamwork, unity and esprit-de-corps displayed at the Academy to continue throughout each recruit's career. The ceremony was closed with a video tribute to all the graduates for the special commission they have earned.

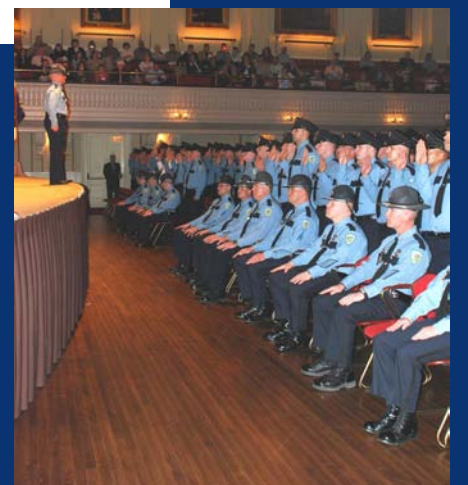
The Division of Staff Development and RTC 303 would like to extend its appreciation to all of the Adjunct Instructors and Field Trainers who shared their wisdom and leadership in assisting with the learning and growth of our newest employees.



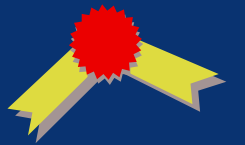
Commissioner Clarke Sworn into Office

By John O'Malley

On March 27, 2008, Harold W. Clarke was sworn in as the new Commissioner of the Massachusetts Department of Correction. Lieutenant Governor Timothy Murray officiated at the ceremony. Commissioner Clarke is a nationally respected leader in the field of public safety and corrections, is President-elect of the American Correctional Association, Past President of the Association of State Correctional Administrators and a faculty member of the National Institute of Corrections. He began working as the Commissioner for the Massachusetts Department of Correction on November 26, 2007.



303rd Class of Recruits being sworn in at Mechanics Hall in Worcester, MA on March 27, 2008.



RTC 303 AWARDS

Commissioner's Award

Highest Academic Average

Peter C. Smith,

Correction Officer

Michael C. Zoltany,

Industrial Instructor

Banner Award

Leadership

Russell S. Wise,

Correction Officer -

RTC 303 Alpha

Peter C. Smith,

Correction Officer -

RTC 303 Bravo

Thanks **Jaileen** for
all Your help on the
BSCC Spotlight!

SPOTLIGHT ON BSCC

BSCC has first female IPS Commander

By Jaileen A. Hopkins

IPS Commander Lisa Nordstrom, a 17 year veteran with the DOC, has a lot to be proud of. Sgt. Nordstrom is the first female to hold the title of IPS Commander in a male facility in the history of the MA Department of Correction.

Lisa began her career with the DOC in 1991 at Bay State Correctional Center. In 2007 she became Sergeant and shortly thereafter IPS Commander. Lisa stated that being promoted to commander was the most memorable moment in her career. "It felt great that the administration had faith in my abilities," she told me. Being a single Mom and working in a predominately male environment is not easy. However, having a supportive administration and a great team to supervise is a huge help. She stated that she couldn't do it without the dedication of her IPS team, CO Jeffrey Fallon and CO Paul Labouliere. Their respect for Sgt. Nordstrom makes for a strong group. Lisa feels that working under DOS Sean Medeiros has been a tremendous help as well. His knowledge and guidance have been instrumental and his support has been phenomenal.

I asked Lisa if there was anyone who influenced her during her career with the DOC. She informed me that Linda Washburn, who at the time was in charge of Investigative Services, was definitely a role model. At that time, there were not many females in management positions and Lisa was impressed with Ms. Washburn's professionalism, dedication and determination. Lisa hopes that she portrays these qualities and that she can be a role model for other females in the department.

Cost Saving Measures at BSCC

By Jaileen A. Hopkins

Sgt. Robert Bennett and Officer Jeffrey Gonsalves saved the Department over \$12,000 recently by personally installing 16 deadbolt locks between the main and modular housing units. The retail cost of each lock with two cylinders is approximately \$382. Sixteen locks for BSCC would have totaled \$6,112 but because the locks were obtained and utilized from an older offline facility the cost was greatly reduced. The locks were able to be retro-fitted by Sgt. Bennett and Officer Gonsalves so the institution was able to save an additional \$6,000 by eliminating the purchase of new mortised doors and jams. Although the project took a couple of months to plan, the locks themselves only took two weeks to install.

The project was overseen by DOS Sean Medeiros and was highly supported by the administration. As a result of these locks being installed and utilized, we are now able, for the first time in our history, to conduct controlled movements. This enhances the security for both staff and inmates. Sgt. Bennett, Officers Gonsalves, Rita Callender, and James Canavan made a power point presentation for staff and inmates in an effort to train them on this controlled movement. The project was monumental and took a lot of time by staff, but the end result was well worth it.



CO Dan Williams, second from the left, is pictured with Boy Scout Pack 173.

Cub Master-CO Dan Williams

By Jaileen A. Hopkins

Correction Officer Dan Williams is the proud father of three boys, which is the reason for his current position as Cub Master of Pack 173 in Norwood, MA. He began as a den leader approximately six years ago when his oldest son, Luke began as a Tiger Cub. Luke has now advanced to Boy Scout. His son Gregory is currently a Weeblo and John is a Wolf. As Cub Master, Dan is the coordinator of all the local den leaders. Dan is very enthusiastic when talking about all of the charity work done by the Scouts as well as the fun had by all involved. The Scouts are extremely conscience of the environment. They recently had a competition to see which team could collect the most amount of trash while canoeing down the Neponset River. Not only was this fun for the boys but they learned the importance of keeping the environment clean. For Earth Day, the troops planted flowers, picked up trash and cleaned the grounds of Prescott School in Norwood. The troops also participated in a Toys for Tots Campaign and collected food for the local food bank.

Recycling at BSCC is in full swing

By Robert E. Soares

Bay State's recycling program is in response to the Commonwealth of Massachusetts' directive that all agencies participate in reducing their waste stream. Doing so would have a positive impact on the amount of waste being deposited in the city and town landfills.

Bay State's performance rating speaks for itself. The totals are published monthly and the facility has managed to reduce the waste stream nearly 50%. What is not published is how Bay State was able to engineer those figures. Like any initiative, you need to identify a plan of action and a means to accomplish any given task. To accomplish this task, recycling flyers were circulated and placed on bulletin boards advising staff of the initiative. The benefits of recycling cardboard and paper products were presented and well received. As a direct result, the recycling program was initiated.

Staff input was also responsible for constructing the recycling sorting station located near the trash compacter. The intent was to have inmates sort through the trash from the housing units, under direct employee supervision, in an effort to maximize the removal of paper, plastic and cardboard prior to depositing the trash in the dumpster.

The idea of composting came from Superintendent Corsini, who was personally engaged in composting raw vegetation from his residential garden. He identified outside resources for information and arranged for a tour of a commercial composting site in Wrentham, MA. As a result of the tour, the Maintenance Department assisted in the construction of three 8' x 10' bins to accommodate the composting program.

Raw vegetation, soil, leaves, egg shells, coffee grounds and newspapers are some of the key ingredients to produce a rich compost product. The second ingredient is the presence of heat. In order to effectively compost, the temperature must be increased to help with decay. Physically mixing the compost and rotating the bins helps to heat and accelerate the decomposition process.

To create a comparison of what impact the composting initiative had on the waste stream, the Superintendent suggested that all raw vegetation removed from the facility be weighed prior to being deposited in the composting bins. The impact was noticed almost immediately. BSCC waste container pickup has gone from once a week to almost once a month.

The composting and recycling program here at Bay State continues to thrive. The performance measures and benchmarks would not have been possible if it were not for the participation and innovation of the facility personnel.

BSCC Pilot Site for New Dispensing Units

By CO Jeffrey Gonsalves

Bay State Correctional Center has equipped all of its Toxic/Caustic closets with the latest state of the art dispensing units. These dispensing units properly disseminate cleaning products at the proper dilution rates, per manufacturer specifications, while maintaining control of the inventory, the issuance and the usage. The unit precisely mixes the water entering the machine with the proper amount of chemical during every use. The units are all fashioned with locks and are made of stainless steel.

We have placed four different types of product into the dispensing units to span a wide variety of cleaning assignments from bathrooms and showers to floors and walls. These products are green seal certified. We have also introduced an EPA registered, HBV disinfectant capable of killing a wide variety of infectious diseases including the highly publicized MRSA.

One of the favorable factors to having this type of unit is that you no longer need to place a large number of spray bottles in one area in fear of running out. Now only a very limited amount of spray bottles are needed within each unit/area. Some of the concentrate in the dispensing units makes up to approximately 150 gallons of cleaning product.

One of the most positive control points is the issuance of product. Now, because the bottles are filled directly from the dispensing machines, the amount issued can be regulated by a staff member. This prevents any waste or misuse of products. Just turn the dial to the desired product and press the button.....it's as easy as that.

Liz Elgosin, Librarian for Life

By Jaileen A. Hopkins

Liz Elgosin, librarian for Bay State Correctional Center, has been a librarian for 36 years. Twenty of them have been spent working for the DOC. She began her career working as a librarian in a hospital shortly before receiving her degree. When she was working at the hospital, she felt what she could only describe as a "rush of joy" knowing that she was doing what she was meant to do. Not many people can say that. Liz's career took her to Costa Rica where she worked as a Peace Corps Librarian. She later returned to Costa Rica where she worked in a private school as both a librarian and a teacher.

Liz is not your typical librarian. She is outstanding at what she does and loves to show off "her" library. She really knows her books and keeps her library up to date. Liz describes herself as a "lifetime learner." She began her career with the Department of Correction at SECC and was there until it closed. She then transferred to Bay State. She runs a strict library and doesn't take gruff from anyone.

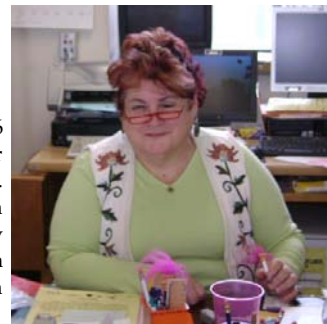
Librarians play an important role in the Department of Correction's re-entry goals. Not only is it important to have the proper resources on file but librarians help inmates locate and properly utilize those resources. Liz also encourages offenders to read and expand their "reading palette." She stated that many offenders have a narrow world and that she tries to expand it by offering different topics and authors to read.

Liz says that the library is one of the most dangerous places in a prison. When I asked her what she meant by that she explained, "Ideas are born in the library." There is not a topic that Liz does not know something about and she can guide offenders toward whatever it is they are looking for.

Many times I have asked Liz for a new author to read and she has yet to let me down. Some of the books that she has suggested have had some strange dark humor but were rather enjoyable, such as author Christopher Moore. My next book, as suggested by Liz, will be "No Country for Old Men," by Cormac McCarthy.



New Dispensing Units-
Cutting costs AND waste!



NEADS at Boston Pre-Release Center

By Anne Manning

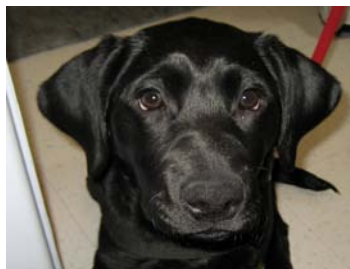
Boston Pre-Release Center is proud to announce that we have joined the ranks of other facilities in the department by becoming the seventh official NEADS (National Education for Assistance Dogs Service) training site through the Prison PUP Partnership Program. Superintendent James J. Saba, a strong supporter of the program, witnessed the positive impact this program had at Northeastern Correctional Center on both the inmates and the deaf and disabled Americans who received the dogs.

Our latest additions, Aussie and Harrington, two adorable black Labrador Retriever puppies, were introduced to the public on February 28, 2008 via local news media. The puppies' inmate handlers conducted their first official training session while photographers snapped a sea of photos. The four month old pups were already obeying their handlers' commands.

Sheila O'Brien, Executive Director of the NEADS Program, explained that puppies chosen for the Prison Pups Program were actually rejected for training as Guide Dogs because of their temperament. Guide Dogs, she explained, require high-energy personalities whereas ideal Assistance Dogs are much more relaxed and laid back. As she explained this, Aussie and Harrington seemed to lounge around as if rehearsed. The puppies have only been in the institution one week but staff already notice how unique these puppies are. They have quickly become comfortable with their inmate handlers and have acclimated well to the institution.

Lt. Bernard Hicks and Correction Officer Laura Clarke act as Institutional NEADS Liaisons who manage, monitor and supervise the daily running of the program. They also actively screen and select appropriate inmates that will act as dog handlers. The puppies are scheduled for training with their inmate handlers for the next 12 – 14 months.

The program has already secured weekend puppy raisers from neighboring communities. They will bring the puppies home for the weekends so the dogs can become used to a less regimented lifestyle, one much different than the one they experience while training at BPRC. However it is this regimented prison schedule that actually produces the exceptionally trained Assistance Dogs in an expedited period of time. This is why puppies trained as part of the Prison Pup Partnership Program have proven to be some of the best trained Assistance Dogs. BPRC is proud to be part of such a positive program that benefits both inmates and society.



Cognitive Skills Workshops Being Piloted By Volunteers

By Bill Milhomme and Brian Kearnan

Research has shown that targeting specific criminogenic risk factors best correlate to reducing criminal behavior. With approximately 1500 active volunteers within the DOC, volunteerism is a cost effective way to expand our existing continuum of evidence based programs.

Our goal at the DOC is to improve the quality of volunteer facilitated workshops, expand evidence based programs, teach inmates pro-social skills, and motivate inmates to enroll in more intensive programming. Training volunteers on how to facilitate structured, curriculum-driven workshops using a cognitive behavioral approach will help accomplish these goals. Consequently, in July 2007 the Program Services Division developed an "Evidence Based Practices" training for potential volunteers. In September, interested volunteers were recruited and trained, and then allowed to facilitate workshops for inmates.

The workshops taught by volunteers have been piloted at Pondville, Old Colony Correctional Center, North Central Correctional Institution, and MCI Shirley. Each workshop is comprised of two, two- hour sessions. The first session focuses on introducing a cognitive skill to the inmates, stressing its importance in every day life. Inmates are then directed to practice the skill in "real life" situations. The second session is a review of the skill and discussion on how it was used in the inmates' own scenarios. After these two sessions are completed, the inmates are asked to fill out evaluations on the course immediately, and then again in 30 days. This is to track the long term impact of the practice of the skill.

Presently there are seven volunteers teaching workshops in both English and Spanish for the inmates. Sixty-one inmates have received certificates for successful workshop completion. When asked about her experience, Alyssa S., a volunteer currently employed in a victim service capacity stated, "I believe that this was a great learning experience for both the participants as well as the facilitators. Everyone involved was offered an invaluable opportunity to learn, grow, and gain new perspectives."

Velma Ward Celebrates 41 Years with the DOC

By Pamm MacEachern

Velma Ward started with the Department of Correction on February 18, 1967, at the old Bridgewater State Hospital. She had just graduated from nursing school and was hired after the infamous "Titicut Follies" was released. She was a pioneer there, being one of the first nurses to actually work along side correctional staff in the patient units. Prior to that there was little contact between the nurses and patients. Velma said that she enjoyed working at BSH because she was so intricately involved in all aspects of patient care there. She worked at the State Hospital for ten years, including the deinstitutionalization years. In true Velma fashion, she got a little sad remembering how traumatized some of the patients were about being released after years of being hospitalized.

Velma transferred to SECC in 1977 and worked there until the facility closed in June 2002. She said that she loved working at that institution because of the wide variety of patients there. She worked with both the prisoners and the men in the addiction center. While at SECC, Velma worked as the HIV counselor, the nurse liaison for the State Police for the DNA project, and she helped other facilities with their TB testing. She noted that she made many friends while at SECC and that she still misses the place and the people.

In 2002, Velma transferred to MASAC. Everyone here is very happy to be able to work with her and celebrate her 41st year with the Department of Correction. We consider it quite an accomplishment. Clearly the number of years she has dedicated to the state and to prisoner care is commendable, but what is truly amazing is the fact that she remains as dedicated and positive as the day she started. It's hard to believe that she wouldn't be a little jaded after working with some of the most difficult patients the Commonwealth has to offer, but she isn't and it's refreshing.

If you talk to staff and mention Velma's name, they smile. Their faces light up and they tell you almost immediately how wonderful she is. Officer Fred Akerblom told me that Velma was the person who trained him at the Addiction Center. He said that she has a "heart of gold" and was the "most compassionate person he has ever met." Officer Kurt Santos seconded that motion. He said that "she is a pleasure to be around" and that she has a habit of "lightening everyone's day." Both worked with Velma at SECC and now at MASAC.

Deb Jezard, the Director of Nursing at MASAC told me that Velma is a true team player and a "special angel among us." She gives exemplary medical care to each and every commitment that walks through the doors in Delta. She does it with style and grace that offers comfort in the most extraordinary circumstances. She said that Velma clearly loves life and she loves people – it's infectious – you just can't help feeling the same way.

Rhonda Cantelli, the Director of Nursing at BSH and another member of the Velma fan club, told me that she considers Velma the "Dream Team Nurse." She noted that she is a staunch patient advocate who treats everyone with genuine care and respect. She also told me that Velma is responsible for teaching her everything

she knows about correctional nursing and then some. Suffice to say, Rhonda truly admires her mentor. She probably said one of the nicest things I've heard. She said that "Velma is one of those people you meet along life's journey who touches you and makes you feel special. There is only one Velma."

Clearly this is true, there is only one Velma Ward and I have to say that I'm glad she's at MASAC! It's nice to be around people who can generate that kind of positive energy and joy. And at the end of the day or at the end of a career, isn't that the way you want to be remembered? Thank you Velma for 41 years of dedicated service. More people appreciate you than you know.



From left to right: Assistant Deputy Commissioner Kenneth Nelson, Velma Ward, and MASAC Superintendent Linda Bartee.



Pictured left to right: Correction Officers Michael Sullivan, Bruce Tessier and Michael O'Donnell with a Harrington House resident.

Irish Eyes a' Smiling

By Sergeant Daniel Sullivan

On March 14, 2008, MCI Cedar Junction staffers conducted its annual Saint Patrick's Day event at the Harrington House in Walpole. This event had an overwhelming response from residents as Correction Officers Michael O'Donnell, Michael Sullivan and Bruce Tessier distributed over 100 green carnations. As stated by Correction Officer Michael Sullivan, "It makes my heart warm as we left for the day knowing we left many Irish Eyes a' Smiling."



Responsible, Respectful, Honest, Caring

COMMISSIONER
HAROLD W. CLARKE



Massachusetts Department of Correction
DOC Central Headquarters

Suite 3

50 Maple Street

Milford, MA 01757



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Susan Martin
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Brenda Melanson
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Cara Savelli
Kyra Silva
Gary Temple
Michael Thomas
Diane Wiffin



When the Shift Ends.... CPO in a Kilt

Highland games are events held throughout the year in Scotland and other countries as a way of celebrating Scottish and Celtic culture. Certain aspects of the games are so well known as to have become emblematic of Scotland, such as the bagpipes, the kilt, and the Heavy Events, especially the caber toss. Heavy Events are a series of five to nine throwing events. In 1997, Don Stewart CPO-C, Reentry Services Division, entered his first Heavy Events competition in Easton, MA. Don entered the competition with an impressive Track and Field resume, however, the initial results were not very good.

Among his Track and Field accomplishments: two time High School All-American, Globe All-Scholastic in the Shot-Put and Discus throw, Collegiate All-American Shot-Putter and 1980 Olympic Trail Qualifier. Don had one of the top Junior (competitors under 20) throws in the world in 1980, throwing the 16lb shot 63'10".

Fast forward to 1999 at the International Federation of Strength Athletes World Heavy Events Professional Championships in San Francisco, CA. After two years of hard training, Don was representing the USA. Don managed an 8th place finish. However, he was recognized for his accomplishments in that he was by far the oldest competitor at 40. To date, Don has won two World Master's Heavy Events Championships in three attempts. He currently holds four world records for competitors over 40. The two records he is most proud of are the 56lb Weight for Height at 17', and the 42 lb Weight for Height at 20'6".

Don reports that he will attempt to win his 3rd World Masters Championship this July in Detroit. This past September, Don competed at the Loon Mountain (NH) Highland Games with his nine year old son, Cole, acting as his assistant. After eight events, Don, in front of a crowd of 10,000 won by a point and was awarded a traditional Scottish battle sword. Promptly after winning the sword Don turned to his son, gave him a hug and gave him the sword. "It was just nice to have my son with me for a change. Most of the bigger competitions are outside of New England and involve a lot of travel time. There have been too many times when I've competed and not had family and friends around," said Don. Don and Cole plan on attending the Nordic Heavy Events Championships this August in Iceland.



Retirements: March – April

Joseph Anderson	Daniel Gonsalves	Paul Martins
Timothy Bailey	Philip Heffernan	Steven McLaughlin
Scott Bordeleau	Richard Hennemann	Thomas Murphy
Karen Camille	Brian Johnson	Lorna Murray
Alfred Correia	Deborah Kirby	Nancy Nickerson
Robert Drake	John Laquerre	Richard Pobieglo
Mario Duarte	Mark Leger	Scott Regan
Steven Gariepy	Daniel Lonergan	John Santos Jr.
Karen Gendron	Archie Lowe	Ronald Stockwell
Thomas Georges	Anthony Luster	Joanne Talbot

Promotions: March – April

David Brien	Shirleyann Gibson	Jeffrey McGuire	Scott Raymondo
David Burke	Edwin Gonzalez	Joseph Mendonca	Jeanine Roth
Glenn Connor	Frederick Hawkins	Patricia Merrill	Robert Silva
Mark Cushing	Jessica Hobbs	Jason Monteiro	Bruce Stratford
Michael Dantuono	Shahnaz Hussain	Jessica Pacheco	Bobby Theriault
Aristides DaSilva	Domingo Infante	Janice Perez	Gregory Theroux
Richard DeGirolamo	James Kleimola	Tamrae Perez	Paul Walsh
Glenn Doher	Sandra Kurbiec	Matthew Phelan	Hema Yerramreddy
Benjamin Dunbar	Mary Lees	Sarah Powers	
Arthur Gerard	Thomas Long Jr.	Carrie Powers	